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QTLLBT HT23 Smart Watch

QTLLBT HT23 Smart Watch User Manual

Model: HT23 | Brand: QTLLBT

1. INTRODUCTION

Thank you for choosing the QTLLBT HT23 Smart Watch. This device is designed to enhance your daily life with advanced features including 9-language translation, Bluetooth calling, comprehensive health monitoring, and a wide array of sports tracking modes. This manual provides detailed instructions to help you get started and make the most of your new smart watch.



Image: The QTLBHT HT23 Smart Watch, showcasing its sleek design and vibrant display.

2. WHAT'S IN THE BOX

Upon opening your QTLBHT HT23 Smart Watch package, you should find the following items:

- QTLBHT HT23 Smart Watch
- Charging Cable

3. SETUP GUIDE

3.1 Initial Charging

Before first use, fully charge your smart watch. Connect the charging cable to the watch's charging port and plug the USB end into a standard USB power adapter (not included) or a computer's USB port. The watch display will indicate charging status.

3.2 App Download and Pairing

To unlock the full potential of your QTLLBT HT23 Smart Watch, you need to download and connect it to the companion application, **FitCloudPro**, on your smartphone.

1. **Download the App:** Scan the QR code displayed on your watch screen or in the manual, or search for "FitCloudPro" in your smartphone's app store (available for iOS 8.0+ and Android 5.0+).
2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
3. **Open App and Add Device:** Open the FitCloudPro app, navigate to the "Device" or "Add Device" section.
4. **Connect:** The app will search for nearby devices. Select "HT23" from the list to connect. Follow any on-screen prompts to complete the pairing process.
5. **Enable Bluetooth Call Function:** After initial pairing, go to your phone's Bluetooth settings and find "HT23" again. Connect to it to enable the Bluetooth call function.



Image: Visual guide for downloading the FitCloudPro app and connecting the smart watch.

Your browser does not support the video tag.

Video: A demonstration of the HT23 Smart Watch's features, including initial setup, app connection, and various functionalities.

4. OPERATING INSTRUCTIONS

4.1 Bluetooth Call Function

Once paired, you can make and receive calls directly from your watch. The watch features a built-in speaker and microphone for clear voice communication.

- **Making Calls:** Access the dial pad or contact list on your watch to initiate a call.
- **Answering Calls:** When a call comes in, you can answer or reject it directly from the watch screen.



Image: The smart watch displaying its Bluetooth call and message alert capabilities.

4.2 9-Language Translation

The QTLLBT HT23 Smart Watch supports real-time translation and text-to-speech in 9 major languages: Chinese, English, German, French, Spanish, Italian, Portuguese, Russian, Japanese, and Arabic. This feature is ideal for cross-border communication and daily conversations.

- **Using Translation:** Access the translation feature through the watch menu. Select your source and target languages, then speak into the watch's microphone. The translated text will appear on the screen, and the watch can also speak the translation aloud.



Image: The smart watch demonstrating its smart bilingual translation feature.

4.3 Health Monitoring

The watch provides comprehensive health data to help you manage your well-being:

- **Heart Rate Monitoring:** Continuously tracks your heart rate throughout the day.
- **Blood Oxygen Monitoring:** Measures your blood oxygen saturation levels.
- **Sleep Tracking:** Monitors your sleep quality, including deep sleep, light sleep, and awake times.
- **Steps & Activity:** Counts your daily steps and tracks overall activity.
- **Women's Menstrual Cycles:** Provides tracking and predictions for women's health.

Note: This device is not a medical device. Data obtained during the use of this app is for reference only and should not be used for clinical diagnosis, medical research, diagnostic, or treatment purposes.



Image: Health monitoring features including heart rate, blood oxygen, and blood pressure tracking.

4.4 Sports Modes

The watch supports over 100 sports modes, adapting to various exercise scenarios and accurately recording your performance data.

- **Selecting a Mode:** Navigate to the sports mode section on your watch, select your desired activity (e.g., running, cycling, mountaineering), and start tracking.
- **Data Tracking:** The watch will record metrics such as duration, heart rate, calories burned, and steps/distance depending on the activity.

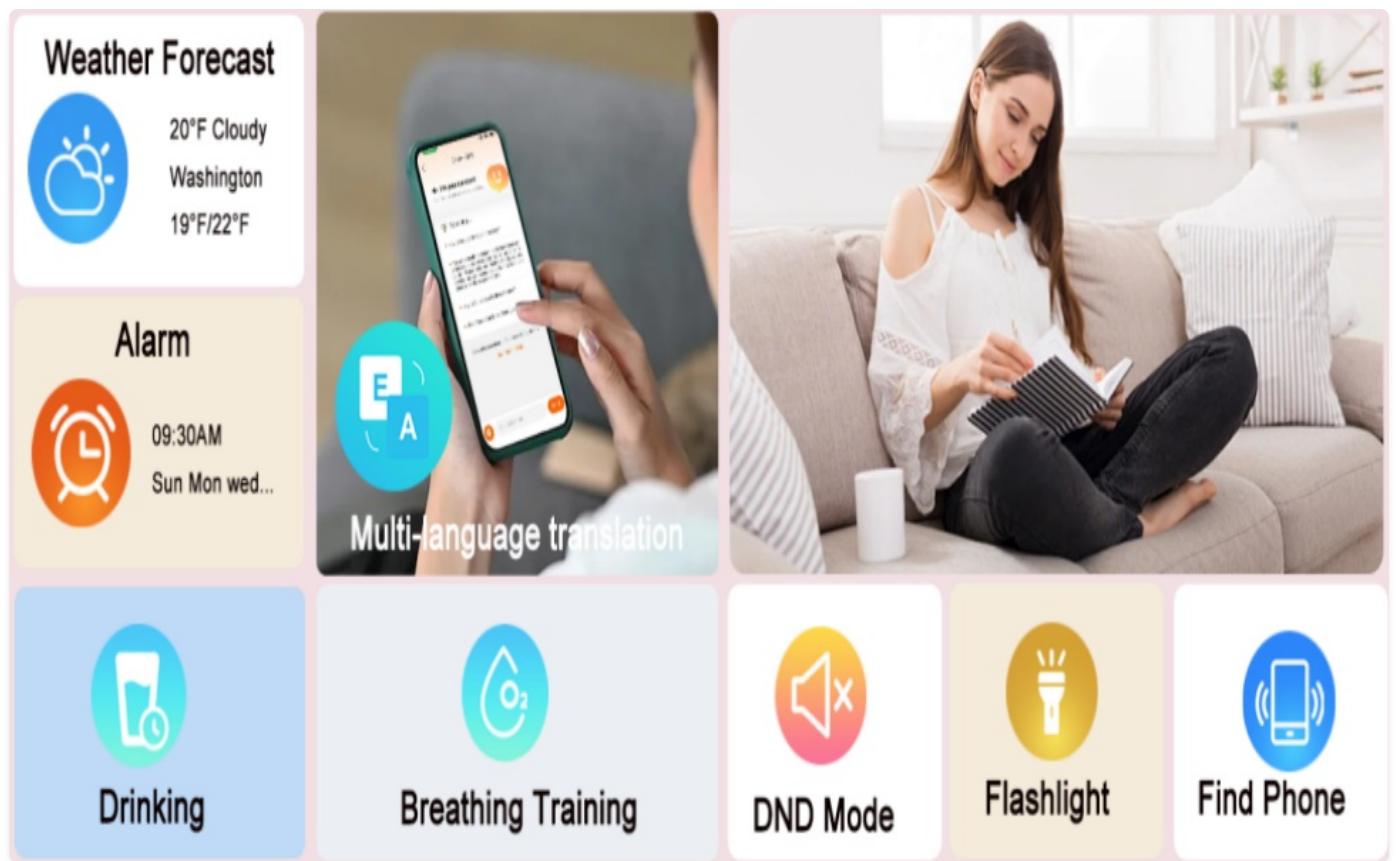


Image: The smart watch's extensive range of 100+ sport modes for activity tracking.

4.5 Built-in LED Flashlight

The watch includes a unique built-in LED flashlight, providing convenient illumination when light is insufficient.

- **Activating Flashlight:** Access the flashlight function through the watch's quick settings or menu.



Image: The smart watch's integrated LED flashlight feature.

4.6 Watch Face Customization

Personalize your smart watch with DIY watch faces. The 1.83-inch high-definition screen supports various customizable dials to match your style.

- **Changing Watch Faces:** Long-press the watch face on the screen or use the FitCloudPro app to browse and apply different watch faces.

Smart Bilingual Translation, Communication Without Borders!



Image: The smart watch's customizable watch faces and 1.83-inch IPS screen.

5. MAINTENANCE

5.1 Charging

The QTLLBT HT23 Smart Watch is equipped with a 300mAh battery, offering an ultra-long standby time of 30 days and continuous use for up to 15 days. Use the provided charging cable to recharge the device when the battery is low.

5.2 Waterproofing (IP68)

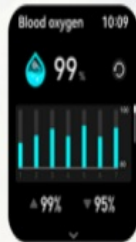
The watch boasts an IP68 waterproof rating, meaning it is protected against dust ingress and can withstand immersion in water up to 1.5 meters for 30 minutes. It is suitable for daily splashing, hand washing, and rain exposure. However, it is not recommended for hot showers, saunas, or diving, as steam and hot water can compromise the seal.

Health Protection

Monitor your heart rate, blood oxygen and other health data and analyze them comprehensively. All for your health!



Heart rate monitoring



Blood oxygen monitoring



Blood pressure monitoring



Image: The smart watch demonstrating its IP68 waterproof performance.

6. TROUBLESHOOTING

6.1 Pairing Issues

- **Ensure Bluetooth is On:** Verify that Bluetooth is enabled on both your watch and smartphone.
- **Restart Devices:** Try restarting both your smartphone and the smart watch.
- **Forget Device:** If previously paired, remove the watch from your phone's Bluetooth device list and attempt to pair again.
- **App Permissions:** Ensure the FitCloudPro app has all necessary permissions enabled on your phone (e.g., location, Bluetooth, notifications).
- **Proximity:** Keep the watch and phone close to each other during the pairing process.

6.2 Inaccurate Health Data

- **Proper Fit:** Ensure the watch is worn snugly on your wrist, not too loose or too tight.
- **Clean Sensors:** Keep the sensors on the back of the watch clean and free from debris.
- **Movement:** For best results, remain still during measurements like heart rate or blood oxygen.

6.3 Watch Not Turning On

- **Charge Battery:** Connect the watch to its charger and ensure it is receiving power. A low battery is the most common reason for a device not turning on.
- **Check Charging Cable:** Ensure the charging cable is not damaged and is properly connected.

7. SPECIFICATIONS

Feature	Specification
Model	HT23 Smart Watch
Screen Size	1.83 Inches
Screen Type	IPS Color Display
Battery Capacity	300 mAh
Standby Time	Up to 30 days
Typical Use Time	Up to 15 days
Waterproof Rating	IP68
Connectivity	Bluetooth
Operating System Compatibility	iOS 8.0+, Android 5.0+
Memory Storage Capacity	64 MB
Item Weight	39 Grams (1.38 ounces)
Special Features	9-Language Translation, Bluetooth Call, Health Monitoring (HR, SpO2, Sleep, Menstrual Cycle), 100+ Sports Modes, LED Flashlight, Customizable Watch Faces, Weather Forecast, Alarm Clock, Activity Tracker, Phone Call, Email

8. WARRANTY AND SUPPORT

Your QTLLBT HT23 Smart Watch comes with a standard manufacturer's warranty. For specific warranty details, please refer to the product packaging or contact the seller directly. If you encounter any issues not covered in this manual or require further assistance, please reach out to QTLLBT customer support through the contact information provided at the point of purchase.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

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